

# 1-Day Blessing & Metta Meditation Retreat

by Venerable Sayalay Susila

23 NOVEMBER 2014

Time 时间	Programme 流程
08:30-09:00 am	Registration 报到
09:00-09:15 am	Retreat Briefing 简报
09:15-09:45 am	Chanting of Parittas 颂护卫经
10:00-11:30 am	Group Metta Chanting, Meditation Instruction & Meditation 群体颂慈爱经，禅修指导和禅修
11:30-12:30 pm	Lunch Dana 午餐供养
12:30-01:30 pm	Guided Tour of Appamada Vihari 正勤乐住禅林向导
01:30-02:30 pm	Metta Meditation 慈爱禅
02:30-03:15 pm	Dhamma Talk 佛法开示
03:15-04:15 pm	Q & A on Meditation 禅修问答
04:15-04:30 pm	Sharing of Merits 回向功德
04:30-05:00 pm	AVMC Future Programmes & Cleaning up 正勤乐住禅林的未来规划，清理环境

update version 9 Nov 2014

This programme is tentative and may still change.